How Cognio Solved the Struggles of Virtual Therapy with Thunkable


Today's businesses have had to adapt quickly and pivot to a virtual environment. The threat of not going virtual was fully realized for most individuals but was especially true for James Shepherd and his practice.

Shepherd is a therapist specializing in Cognitive-Behavioral Therapy (CBT) whose mission is to empower his clients by developing and strengthening specific coping mechanisms for improving their quality of life. Like most CBT therapists, Shepherd's sessions, in the past, occurred in person. Traditionally, a significant element of CBT relies on completing printed worksheet templates with clients. These worksheets help guide evidence-based interventions at the heart of the CBT approach.

When the pandemic hit, Shepherd's sessions went virtual, and these worksheet tasks became much more challenging to work through with a client in a virtual meeting than they would in person. In addition, Shepherd found it difficult to access and amend these resources' in real time' during sessions. As a result, the worksheets started to become a distraction to the flow of the session instead of a beneficial tool.

"When the world went remote, the difficulties of working through the traditional process became more and more glaring. I realized a quick, adaptable tool was imperative to deliver a good and effective service for my clients," said Shepherd.

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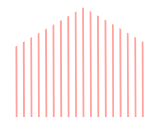
CONQUERING THE LIMITATIONS OF VIRTUAL SESSIONS

After evaluating the needs of his clients and analyzing session feedback, Shepherd's top priority was finding a solution that could achieve the ease and successful practices conducted in person but without the repetition of a manual process. Additionally, given that CBT deals with highly confidential healthcare data, ensuring patient privacy and data security was paramount.

Unfortunately for Shepherd, there were no apps suitable for the needs of CBT therapists facing this type of challenge. "There are plenty of self-help apps, but there isn't much out there that caters to therapists, so I wanted to create something that my clients and the CBT field could benefit from."

Shepherd partnered with Thunkable to create an easy and accessible web and mobile app called Cognio to utilize in his practice and make available to other therapists in the CBT field. The goal was to build an app that could help therapists optimize their sessions by eliminating monotonous tasks and allowing them to focus on quality engagement and interaction with their clients. Cognio will enable clients and therapists to customize CBT content in real-time. They will be able to complete clinical worksheets together during sessions, record them, and make them easily accessible after sessions.

PRIORITIZING CLIENT NEEDS

With Thunkable, Shepherd created Cognio to improve virtual sessions and benefit the CBT field significantly. "Thunkable has allowed me to bring the most impactful parts of my CBT practice to my client's fingertips so that we can have sessions that are most beneficial to them."

Cognio has turned into a business disrupting the Cognitive Behavioral Health engagement model, making personalized CBT care accessible to all therapists. "I'm a therapist, not a coder, and I am amazed by what I could create with Thunkable. Under the guidance of their customer service team, I could focus on making the app as useful for my clients as possible because I didn't have to struggle with coding," said Shepherd.

COGNIO

Cognio was developed by therapists for therapists. The app provides a digital platform to optimize Cognitive Behavioral Therapy delivery. Cognio resides under parent company Cogscape.

Creator Success Story: Cognio

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